

## Country Time Macaroni Salad<sup>100</sup>

Number of Servings: 100 (74.96 g per serving)

| Amount | Measure | Ingredient                                |
|--------|---------|---|
| 3 1/4  | cup     | Dressing, mayonnaise, rducd fat, Just 2 G |
| 13.00  | Tbs     | Relish, pickle, sweet                     |
| 5.00   | Tbs     | Herb, dill weed, dried                    |
| 3 1/4  | Tbs     | Mustard, yellow, prep                     |
| 2 1/2  | qt      | Peppers, bell, green, sweet, fresh, chpd  |
| 6 1/2  | cup     | Celery, fresh, diced                      |
| 2 1/2  | qt      | Pasta, semolina, macaroni, elbow, dry     |
| 2 1/4  | cup     | Yogurt, plain, nonfat                     |
| 5.00   | qt      | Peas, green, fzn                          |

### Nutrients per serving

## Nutrition Facts

Serving Size (75g)  
Servings Per Container

Amount Per Serving

**Calories 80**      **Calories from Fat 15**

% Daily Value\*

**Total Fat 1.5g**      **2%**

**Saturated Fat 0g**      **0%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 125mg**      **5%**

**Total Carbohydrate 15g**      **5%**

**Dietary Fiber 2g**      **8%**

**Sugars 3g**

**Protein 3g**

**Vitamin A 15%**      • **Vitamin C 30%**

**Calcium 2%**      • **Iron 4%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

|                    |           | Calories: 2,000 | 2,500   |
|--------------------|-----------|-----------------|---------|
| Total Fat          | Less than | 65g             | 80g     |
| Saturated Fat      | Less than | 20g             | 25g     |
| Cholesterol        | Less than | 300mg           | 300mg   |
| Sodium             | Less than | 2,400mg         | 2,400mg |
| Total Carbohydrate |           | 300g            | 375g    |
| Dietary Fiber      |           | 25g             | 30g     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Instructions

-Boil elbow macaroni just until tendr, drain, Rinse with cold water to cool.

-Dice vegetables and combine with macaroni along with the other ingredients. Mix thoroughly and refrigerate.

Serve 1/2 cup/serving.

1/2 cup = 1 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

Storing :

- Store refrigerated at an internal temperature of 40 - 45 F.